POD
If you are due a BP check then you can use the POD. The POD is an automated blood pressure machine situated at Dalgety Bay Surgery, in its own consulting room. It works similarly to the touch screen check-in terminal and is straightforward and easy to use.

Patients can use the BP Pod at any time when the surgery is open. (8am to 5.45pm Monday - Friday and on Tuesday evenings until 7.30pm).

Optician
All eye conditions should be seen by an optician first for their expertise. They also have the correct equipment for eye examination. You can see an optician for dry, red, sore, watery, sticky or itchy eyes.

Dentist
Any condition involving your mouth or teeth should be seen by a dentist. If you do not have a family dentist, advice can be obtained by phoning Fife Dental advice line on 01592 226 555

Healthy Living
The local stop smoking telephone helpline is 0800 025 3000 for information on clinics providing free individual or group support.
For advice on healthy eating and exercise visit www.nhs.uk/livewell
Further advice on how to get more active and healthy eating www.nhs.uk/
Change4Life/Pages/change-for-life.aspx

Older People Services
For information for you or an elderly relative for social care services you can contact Fife social work department on 03451 551 503.
Fife carers centre provide support to unpaid carers and can be contacted on 01592 205472.
Link Living offers one to one befriending to people aged over the age of 65 and can be contacted on 01592 644 048. They offer a drop in befriending clinic at Rosyth Befriending Cafe 10.30-12.30 on Wednesdays at Parkgate Community Centre.
Alzheimer’s Scotland offers a support service to carers and patients suffering from dementia 01592 204 541.

Inverkeithing Medical Centre
5 Friary Court
Inverkeithing. KY11 1NU
Tel: 01383 413234
Website: www.inverkeithingmedicalgroup.scot.nhs.uk

Do you know you can use other services instead of the GP?

This leaflet contains a selection of contact points for you to self-refer to at your own convenience
Pharmacy
You can get advice and treatment for many illnesses from your pharmacist such as:
- Emergency contraception
- Coughs and Colds
- Smoking cessation
- Constipation
- Sore throat and earaches less than 3 days
- Mouth ulcers and cold sores
- Eczema
- Acne
- Conjunctivitis (in those aged above 1)
- Indigestion

Dry skin, nappy rash
- Headache
- Sunburn, insect bites
- Piles
- Hayfever
- Warts
- Threadworms
- Athlete’s foot
- Diarrhoea
- Nasal Congestion

Minor Injuries
The minor injury services at the Victoria Hospital, Kirkcaldy and Queen Margaret Hospital, Dunfermline are open 24 hours a day, 7 days a week. This is a walk in service and no referral is needed. Conditions that can be treated include burns and scalds, cuts and wounds that may need dressing or suture. Injuries including limbs, back and suspected broken bones will also be seen at the minor injuries unit.

Muscle and Joint Problems
You can get advice and treatment, as required, for muscle and joint problems such as knee pain, low back pain, sciatica and muscle sprains by visiting www.nhsinform.co.uk/msk or calling 0800 917 9390. Alternatively, a physiotherapy self referral form can be obtained from the reception desk at Dalgety Bay or Inverkeithing Medical Centre.

Depression/Stress - continued
Breathing Space - for overwhelming thoughts and feelings breathing space can be contacted for free on 0800 83 85 87 or www.breathingspace.scot

Chill Out Class - informal information sessions where you can learn how to recognise stress and how to cope positively. Classes are on Tuesday evenings at Dalgety Bay Surgery 6.15-7.45pm. An application form can be picked up from the reception desk at Dalgety Bay or Inverkeithing.

Infants and Toddlers
You can get advice and treatment recommendations, as required, for many problems your child may have by contacting your health visitor on 01383 82 1099. They will let you know when seeing your doctor is important.

Alcohol or drug problems
Fife alcohol and support services (FASS) provides one-to-one counselling & psychotherapy. This is a free and confidential, and available throughout Fife. FASS can be contacted on 01592 206 200.

For help with any drug or alcohol problem Fife Addiction services can be contacted on 01592 71 6446. Details of drop in clinics and mobile units can be obtained by phoning this number.

Foot problems
People can manage many foot problems themselves. You can get further advice and treatment, as required, by looking at the section on foot problems at www.nhsinform.co.uk/msk or ask for a podiatry self referral form at our reception desk.

Sexual Health
Fife sexual health clinic can be contacted on 01592 64 79 79. Sexual Health Fife offers both drop-in clinics and booked appointments to provide access to a full range of fully confidential sexual health and Blood-Borne Virus (BBV) services.

This service also includes contraception, menopausal issues, termination and sterilisation.